

Employee Assistance Program

- Aging/Caregiving Issues & Referral
- Communicating Effectively
- Alcohol & Drug Dependency
- Gambling Problems
- Anxiety and Depression
- Child Development
- Career Path
- Divorce
- Domestic Violence Assessment
- Work-Related Problems
- Financial or Legal Concerns
- Grief and Loss
- Parenting Support
- Relationships
- Stress Management
- Terminal Illness
- Troubled Teens
- Emotional Concerns

Confidential •

Convenient •

Professional •

Employer Funded •

Serves Employees & Their Families •

Available to YOU and your benefit •

eligible family members

It's to **Your Benefit**

24 hours a day

800.553.7798

Local 206.654.4144 • TTY 866.704.6355

www.wfseap.org: username: WBBA

instant support

When you're feeling troubled...

When the pressures of everyday life begin to interfere with your concentration and your peace of mind, your EAP can help. By being readily available, we are able to respond quickly and get you on the way to finding new perspectives and creative ways to manage overwhelming emotions.

practical resource

To help you plan for tomorrow...

If you would like to plan ahead, learn skills or build resilience to help you deal or cope with challenging situations even before they arise, your EAP can help. We can assist you in developing strategies and techniques that create balance, help you achieve a sense of well-being and the ability to overcome life's obstacles.

starting point

When you don't know where to turn...

When you feel lost, when you don't know how or where to begin sorting out your problems, when the complexities of life bring you to a stand-still, your EAP can help. We are a confidential resource and a starting point for direction. We can assess your problems and concerns, guide you toward resolution and help you redefine your life.